

Reverse Corta Capim and HLR

Reverse Corta Capim Rotations

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It is exactly as it sounds - a Corta Capim Rotations only performed in reverse. It is a more challenging variation of the Corta Capim.

The same details as the normal version still go here:

1. The rotating foot will slide on the floor on it heel first, then the side of the foot, (knife of the foot) then the top of the foot, the inside of it and finally back to the heel.
 2. Completely extend the leg at all times during the rotation. You want to create the biggest circle possible with the rotation, there is a special tendency to shorten the arc in the back - making it easier but not complete. Don't fall into this trap.
- Perfect practice makes perfect. Take it slow and work the details.

Hanging Leg Raises

This is an essential part of my training for abdomen and hip flexors strength.

The hanging leg raise should be achieved by... anyone. In my opinion it is a very natural and useful pattern of movement - pulling your legs up while hanging. Before tackling more advanced hanging feats like the Front Lever, I like to see people first perfecting this skill.

The HLR has an active flexibility component to it, making it an even more complete package than other traditional abdominal exercises.

The most basic progression I take novices through is the Swedish Bench HLR.

Swedish Bench Hanging Leg Raises

Installing the Swedish Bench in the proper height allows for fine tuning of the exercise intensity until the full vertical variation is possible. Keep increasing the height of the bench anchor point with time. A rep counts as a rep only when you touch the bench with your feet.

Once vertical HLRs are possible, one possibility is to concentrate on the upper half of the movement - performing 0-90 Degrees Hanging Leg Raises, starting in a hanging L-sit and going up to the bar and back.

0-90 Hanging Leg Raises

Another challenging variation that includes an upper back component to it, along with an advanced core challenge is the One Arm Hanging Leg Raises. Very simple - hang from a pull up bar with one arm only. Lift your feet to the bar and back and repeat for reps.

One Arm Hanging Leg Raises

Simple but not easy. If you are able to perform HLRs but not the one arm version, I suggest you concentrate on increasing the number of reps, until 5 is achieved, then add a static pause at the top, until 5 sec is possible in all 5 reps, then add weight. In addition, start to play with one arm hangs from the pull up bar - up to sets of 30-45 sec. This combination will allow you eventually to progress to the one arm version.

Workout of the day - Beginners

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

Equilibre

- B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

Floreio

- C1. CSF X 75 sec / 5 sets / 90 sec rest (Add any skills you have acquired that can combine into the CFS)

Conditioning

- D1. High Bridge Static Hold 30,25,20 sec
- D2. Gatherings Beginner Variations X 12,10,8 reps
- D3. Swedish Bench Hanging Leg Raises X 12,10,8 reps
- Rest 45 sec between D1, D2 and D3 and complete 3 sets with the reps/time mentioned above

Prehab

- E1. Shoulder ROM and Stabilization routine X 1 set
- E2. Scapula Mobilization Routine X 1 set
- Complete 2 subsequent supersets of F1-F2 no rest
- F1. Elastic Band Dislocations (from Scapula mobilization routine) for an extra 2 sets of 20 reps / rest 60 sec, keep it low intensity and don't push it too far

Workout of the day - Intermediate

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

Equilibre

- B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio

- C1. CSF X 75 sec / 5 sets / 90 sec rest (Add any skills you have acquired that can combine into the CFS)

Conditioning

- D1. 0-90 Hanging Leg Raises X 5 reps / 3 sets / 120 sec rest

- E1. Rotations into High Bridge X 12,10,8 reps
- E2. Gatherings Intermediate Variations X 12,10,8 reps
- Rest 45 sec between E1 and E2 and complete 3 sets with the reps/time mentioned above

Prehab

- E1. Shoulder ROM and Stabilization routine X 1 set
- E2. Scapula Mobilization Routine X 1 set
- Complete 2 subsequent supersets of F1-F2 no rest
- F1. Elastic Band Dislocations (from Scapula mobilization routine) for an extra 2 sets of 20 reps / rest 60 sec, keep it low intensity and don't push it too far

Workout of the day - Advanced

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

Equilibre

- B1. Handstand Body Line Wall Drill X 35 sec
 - B2. Handstand Straighten Into Line X 50 sec total work
- Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio

- C1. CSF X 75 sec / 5 sets / 90 sec rest (Add any skills you have acquired that can combine into the CFS)

Conditioning

- D1. One Arm Hanging Leg Raises X 5 reps per arm / 3 sets / 120 sec rest

- E1. Rotations into High Bridge X 12,10,8 reps

- E2. Gatherings Advanced X 12,10,8 reps

Rest 45 sec between E1 and E2 and complete 3 sets with the reps/time mentioned above

Prehab

- E1. Shoulder ROM and Stabilization routine X 1 set

- E2. Scapula Mobilization Routine X 1 set

Complete 2 subsequent supersets of F1-F2 no rest

- F1. Elastic Band Dislocations (from Scapula mobilization routine) for an extra 2 sets of 20 reps / rest 60 sec, keep it low intensity and don't push it too far